



### **Helpful Hints for Healthy Holiday Eating**

It's that time of year again. Holiday parties and family gatherings can present a special challenge when it comes to eating healthy – especially for people who are trying to prevent or control diabetes. The key to a diabetes-friendly gathering is having a variety of healthy food selections. And this doesn't mean that you'll have to completely sacrifice all of your favorites!

The National Diabetes Education Program (NDEP) has a few tips to help you stay healthy and enjoy the holidays:

- **Eat a healthy snack before leaving home.** This will reduce the risk of overeating at the party.
- **Go to the party with a plan.** Check out the buffet first, and then decide what and how much you will eat. The foods you select should fit into your meal plan.
- **Bring a dish.** Contribute your favorite healthy dish to the holiday buffet.
- **Savor every bite.** Eating slowly reduces your chances of eating too much.
- **Drink water.** Water is a healthy, no-calorie beverage. (Compared to one cup of eggnog that has 342 calories!)
- **Trim the fat from the meat.** Each tablespoon of fat you trim off contains 100 calories.
- **Be the life of the party.** Stay active by focusing on party activities instead of the buffet table.

If you're throwing the party, here are a few additional ways to be a healthy holiday host:

- **Offer a variety of low fat, high fiber foods.** There are lots of healthier options – consider fresh fruits and vegetables, nuts, grilled or broiled lean meats, fish, turkey, and chicken without the skin. Reduce the use of mayonnaise, oil, and butter. Increase fiber with whole grain breads, peas and beans.
- **Serve healthy alternatives to traditional holiday dishes.** Transform traditionally high fat and high calorie foods into low fat healthier versions. You can use nonfat or 1 percent milk instead of whole milk or cream. Try to bake or broil foods when possible instead of frying. Skip cream cheese and try low fat cottage cheese or plain yogurt.
- **Be a support system for your family members and friends.** If you see them slipping, keep encouraging them to eat healthy during the holiday season, and throughout the year.
- Order a free *Recipe book and Meal Planner Guide* by calling NDEP at **1-800-438-5383**.

To find out more about preventing and/or controlling diabetes, call the National Diabetes Education Program (NDEP) at 1-800-438-5383 or visit [www.ndep.nih.gov](http://www.ndep.nih.gov).

